

MDVA Domiciliary Program Overview

A Supportive Environment that Fosters a Stable, Healthy and Meaningful Life

The Domiciliary Program provides an independent living environment to any eligible Veterans, and/or their spouses, that includes medical management, mental health care, sobriety management and vocational rehabilitation/work therapy. The Domiciliary Program is licensed as a boarding care facility and part of the Minnesota Department of Veterans Affairs. The Domiciliary Program is operated and managed by the Minnesota Veterans Homes; however, it is not a nursing home.

Who We Serve

We serve Minnesota Veterans and/or their spouses if they need assistance managing clinical, mental health, financial, or social well-being. The Domiciliary Program team works with each Resident to create an individualized care plan to meet these needs and set achievable goals. All Domiciliary Program Residents must be independently mobile and able to manage their own daily living activities.

Structure and Specialized Programming

- Operated and managed by the Minnesota Veterans Homes with the Minnesota Department of Veterans Affairs.
- Two campuses: Minneapolis - 50 beds and Hastings - 145 beds.
- Specialized programming specific to a Resident's needs and goals as well as specified care support. See reverse side for details.

Why Choose the Domiciliary Program?

- Stable, safe housing.
- Easy, quick access to support services all in one place.
- Opportunity to build job skills.
- Successful sobriety management programming.
- Structured, activity-based interventions to enhance physical, cognitive, emotional, social and leisure needs and goals.
- 24/7 guidance and support by trained professionals in the areas of nursing, mental health, social work and senior care who are dedicated to serving Residents and helping them lead healthy, meaningful lives.

Average Monthly Expenses

The monthly fee is based on income and assets. This monthly maintenance fee bundles housing, specialized programming, support from trained care professionals, case management, activities and outings, television, internet and meal costs.

As an example, an individual with a monthly income of \$1,500 would keep approximately \$160 a month. It's important to note that most of an individual's needs are covered by the monthly fee that covers the costs mentioned previously. Residents who participate in the Work Therapy Program keep 100% of the income earned. On average, participants earn \$400/month for working 40 hours a month for a total of \$560/month for spending money.

Referral and Admission Process

- Submit application online at <https://mn.gov/mdva/homes/hastings/apply.jsp> or request an admission packet by contacting Admissions at 651-539-2500.
- Medical records will be requested.
- A background and predatory check will be done with the BCA.
- Meet and Greet visit with the Domiciliary Program team may be scheduled.
- The Domiciliary Admissions Committee will make a determination, following MN Rules 9050, if we can meet the individual's care needs.

Questions?

Contact the Domiciliary Program at **612-539-2500**.

See reverse side for more on our specialized programming.



MinnesotaVeteran.org

Specialized Programming

Fire Path: For individuals who want to return to living successfully and independently in the community:

- The Fire Path focuses on monthly income, housing needs, and financial planning; employment goals, transportation needs, and community support; physical and mental health needs and follow-up after discharge, and relationship-building skills.
- The Fire Path provides a supportive environment that encourages Residents to work toward achieving their individual personal goals of independence and self-sufficiency.
- The Fire Path offers programs that support different areas of independence that may include resume writing, interviewing skills, computer skills, living on a budget, financial planning, cooking and shopping on a budget and resources available in the community.

Water Path: For individuals in need of mental health and/or chemical dependency support:

- The Water Path focuses on supportive services, medication management, coordination of care, and crisis management. Residents choose programs that are relevant to their unique situation and specific goals, including coordinating with mental health and chemical dependency providers.
- The Water Path helps individuals discover what is important to help them thrive every day, ensuring there is active engagement in the care plan and encouraging their personal wellness.
- Programs may include a variety of treatment options like recreation therapy, vocational rehabilitation, ARS clinic, psychiatry, integrative dual disorders groups, community self-support groups, SMART recovery, walking group and recovery recognition day.

Earth Path: For individuals who choose to make the Domiciliary Program their long-term home:

- The Earth Path focuses on holistic health, community support, socialization and activities, supportive programming and groups, volunteer work and financial wellness.
- The Earth Path ensures all individuals who choose to age in place are getting the most out of life, while working with them to coordinate future milestones.
- Programs may include wellness groups, meditation groups, recreational activities, socialization groups, journaling and bird watching.

Sobriety Program

The Domiciliary Program offers a chemical and alcohol-free campus and our team is here to support Residents in their sobriety and to maintain a clean and sober environment. The Sobriety Program was implemented in September 2019 and the Domiciliary Program has seen a dramatic 78% decrease in relapses since the program's inception.

Mental Health Program

The Domiciliary Team is developing a Mental Health program with a goal of creating an inclusive environment that emphasizes mental health awareness and professional guidance for each individual's journey. All staff are being trained in mental health first aid.

Recreation Therapy

The Domiciliary Program offers structured, activity-based interventions to address individual needs by enhancing physical, cognitive, emotional, social and leisure skills. There are opportunities to use these skills in the facility (cooking groups, volunteer run tournaments (cribbage/bags) and holiday programs). We also offer off-campus trips (Twins games, movie outings, Big Marine, Superior fishing trip, and various museums) – trips follow guidance by the Minnesota Departments of Health and Public Safety.

Work Therapy Program

This voluntary program is offered to Residents at both campuses. Currently 95% of all Residents participate in the program. This income does not impact their monthly care fee and provides additional spending money. Participants work either on or off campus.

- The on-campus program is often used as the first step in helping individuals of working age return to competitive part-time employment. On-campus workers average 6-20 hours per pay period and support facility operations including switchboard operator, dishwasher, woodshop worker, canteen and coffee shop counter, housekeeper, groundskeeper, production crew, recreation assistant, and the American Legion Poppy Program. On-campus work pays minimum wage.
- When a participant expresses interest and feels ready to work in the community, we provide assistance with resumes, applications, senior employment training, education opportunities, computer assistance, and exploring local job opportunities. Off-campus work includes Fort Snelling Cemetery crew and other opportunities in the community.

Questions?

Contact the Domiciliary Program at **612-539-2500**.